

Growing & Learning at...12 Months/1 Year



What Most Babies do at 12 Months:

Social-Emotional Milestones

- Plays games with you, like pat-a-cake

Language & Communication Milestones

- Waves “bye-bye”
- Calls a parent “mama” or “dada” or another special name
- Understands “no” (pauses briefly or stops when you say it)

Cognitive Milestones (learning, thinking, problem-solving)

- Puts something in a container, like a block in a cup
- Looks for things he sees you hide, like a toy under a blanket

Movement & Physical Development Milestones

- Pulls up to stand
- Walks, holding onto furniture
- Drinks from a cup without a lid, as you hold it
- Picks things up between thumb and pointer finger, like small bits of food

Helping 1-year-old Babies Learn & Grow:

- ▶ Talk or sing about what you’re doing. For example, say “We’re washing our hands”, or sing “This is the way we wash our hands.”
- ▶ One-year-olds point when they are asking for things. You can turn this into a conversation. When he points to a cup, respond with, “You want the cup? Here is the cup. It’s your cup.” If he tries to say cup, celebrate the effort!
- ▶ Pointing to things and naming them helps one-year-olds learn new words and pay attention to what others are “showing” them.
- ▶ At this age, babies can practice feeding themselves with safe foods and drinking a small amount of water from a cup. This process is both messy and fun!
- ▶ One-year olds like to bang on pots and pans or small toy musical instruments, like a drum or cymbals. They are delighted to hear the noises they make!
- ▶ Read to a one-year-old by talking with her about the book’s pictures. Books with things to feel or flaps to lift are especially interesting at this age.
- ▶ One-year-olds are learning to walk. You can encourage this by holding his hands or helping him hold onto stable furniture. Give him items to push, like empty boxes, a kiddie chair, or a push toy.

Source

U.S. Department of Health and Human Services, CDC; American Academy of Pediatrics.

More information can be found in the Ages & Stages section at www.healthychildren.org

Growing & Learning at...12 Months/1 Year



Topics to Discuss at 12-month-old Well-Child Doctor Visits:

- ▶ Which milestones has your baby reached?
- ▶ What are some things you and your baby do together?
- ▶ What is your baby's sleep routine?
- ▶ What types of food is your baby eating?
- ▶ What are some things your baby likes to do?
- ▶ Is there anything your baby does or does not do that concerns you?
- ▶ Has your baby lost any skills he/she once had?
- ▶ Does your baby have any special healthcare needs or was he/she born prematurely?
- ▶ Does your pediatrician's office conduct regular developmental screenings?



Source

U.S. Department of Health and Human Services, CDC; and American Academy of Pediatrics.

More information can be found in the Ages & Stages section at www.healthychildren.org